



**Access to Wholistic and Productive Living Institute Inc, and Port Towns HEAL Project
Invite You to Attend the 1st Annual Symposium**



Empowering Women in Making Healthy Decisions

Goal: To prevent, reduce, and/or eliminate health disparities (heart disease, depression, breast cancer, and acts-of-violence), pre-matured deaths, and emotional distress among women of all ages, racial and ethnic backgrounds.

Purpose: Empower women of all ages in making healthy and effective decisions (self, family) and raise awareness to the importance of self-love in preventing and improving ones' health and well-being.

Who should attendee- All women to include women of preconception age (16-18), healthcare providers, women service providers (human and health), decision makers, and researchers

Attendees of this conference will be able to:

- Define trafficking and its emotional and psychological consequences;
- Recognize the impact of trafficking especially on 18 year old females who are no longer in the foster care system;
- Recognize the signs and symptoms of a heart attack and gain the skills necessary to react if these symptoms do occur;
- Understand the importance of physical activity, relaxation and healthy eating to prevent, improve and/or eliminate health disparities;
- Understand the importance of breast health and daily breast screenings;
- Define diabetes and understand the importance of weight management in the prevention of type 2 diabetes;
- Identify symptoms of emotional and mental distress and value tools received to prevent/decrease its occurrence;
- Receive tools, build skills, and raise awareness to mental, emotional and physical health disparities;
- Gain knowledge to the state of women's health and well-being;
- Recognize the importance of safe in home living;
- Engage in stress management techniques that aim to prompt a sense-of-inner-peace, clearer thinking, and calmness;
- Enjoy networking, fashion show, healthy nutrition, opportunity to join a women's support network, experts in healthcare, and updated health information;
- Understand the importance of living an empowering and purposeful lifestyle; and
- Receive information and resources/linkage to heart disease, depression, breast cancer, and partner violence.

Topics include: Heart disease, Depression, State of Women's Health, Breast cancer, Diabetes, Domestic Violence, Human Trafficking, State of Women's Health, Social Determinants in Women's Health, Substance Abuse & Emotional Health, Self-Love and etc.

Keynotes: Congresswoman Donna Edwards and Judge Tiffany Williams- Clergy - **Mistress of Ceremony:** Renee Nash of WHUR

Guest Presenters: Dr. Donald Shell, Senator Joanne Benson, Dr. Alicia Williams, Dr. Darryl Arrington, Rev. Tawana Johnson, Dr. Sherri Johnson, Pamela Creekmur, RN, Dr. Deneen Long-White, Dr. James Coleman, Dr. Eleanor Walker, Tracie Robinson MA, Elder Sandra Mizell Chaney, Karen Payne, MS, Dr. Jacqueline Harvey, Arlee Gist, and Dr. Bettye Muwwakkil

February 21, 2015 - 7:30am – 3:30pm – Colmar Manor Community Center – 3701 Lawrence Street - Colmar Manor, MD.

RSVP this message to include all contact information- please pass on and share with others- SEATING IS LIMITED – FREE – Love Donation \$40

Register @[https:// www.eventbrite.com/e/purposeful-living-on-target-plot-empowering-womens-decision-making-tickets-14885116785](https://www.eventbrite.com/e/purposeful-living-on-target-plot-empowering-womens-decision-making-tickets-14885116785)

Contact : Bettye Muwwakkil – 240 264 0878